

## ABSTRACT

In a vacuum heat insulator, a heat seal layer of its enveloping member of a laminated structure is made of a film having a melting point of at least 200°C. Alternatively, the heat seal layer is made of a  
5 film having a melting point above 100°C and below 200°C, and fins are bent on a low-temperature side. Either of these structures can inhibit a decrease in gas barrier property even in a high-temperature atmosphere of approx. 150°C. Thus, the heat-insulating property of the vacuum heat insulator is maintained for a long period of time.  
10 This vacuum heat insulator is preferable for an apparatus that has a heat source or a portion to be kept warm exceeding a temperature of 100°C.